RESEARCH PROPOSAL

ADULT ATTACHMENT, MIDLIFE CRISIS AND RELATIONSHIP SATIFACTION: INVESTIGATING THE ROLE OF SAVOURING

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INTRODUCTION

MIDLIFE

Middle adulthood (or midlife) refers to the time of the life expectancy between young adulthood and seniority. The most widely recognized age definition is from 40 to 65. The mid-thirties or the forties through the late 60s can be our guide. Research on this period of life is moderately new and numerous aspects of midlife are still being explored. It is also considered as the least studied period of the lifespan (lumenlearning, 2019)

MIDLIFE CRISIS

The term was authored by Jaques in 1965 (Menon, 2001). Elliott believed that the midlife crisis of human development is an important step that occurs when adults accept their mortality. More modern research has demonstrated that this is not a phase that most middle-aged people actually experience, and some have questioned the existence of this phenomenon.

A midlife is "A transition of identity and self-confidence that can occur in middle-aged individuals, typically 45–64 years old. The phenomenon is described as a psychological crisis brought about by events that highlight a person's growing age, inevitable mortality, and possibly shortcomings of accomplishments in life. This may produce feelings of depression, remorse, and anxiety, or the desire to achieve youthfulness or make drastic changes to their current lifestyle" (Chamorro-Premuzic, 2014).

When it does occur, a midlife crisis is not commonly actually experienced during the midpoint of one's life, which for most average human lifespans would be around the age of 40.

Freund & Eater (Freund and Ritter, 2009) recommend that the mild definition of midlife crisis can include the following highlights:

1. A challenge that occurs in middle age.
2. Does not happen normatively but in some individuals and in a specific age.
3. Cannot be considered as a crisis however as a developmental challenge

SIGNS OF MIDLIFE CRISIS

- Exhaustion, boredom, or discontentment with life or with a lifestyle (including people and things) that previously provided fulfilment
- Frantic energy; feeling restless and wanting to do something completely different
- Self-doubting; questioning decisions made years earlier and the meaning of life
- Confusion about your identity or where your life is going
- Persistent sadness
- increase in alcohol and drug use, food intake, and other compulsions
- Significant decrease or increase in sexual desire
- Greatly decreased or increased ambition (Psychology Today, 2019).

THEORIES OF MIDLIFE CRISIS

Jacques introduced the concept of "midlife crisis" (Menon, 2001). Elliot believed that midlife crisis of human development is an important step that occurs when adults acknowledge their mortality. The midlife crisis is difficult transition that occurs around age 40. The midlife crisis involves fast changes in personality. Middle-aged person encounters negative emotions, Personal future, dual feelings about the past and dual assessment of past

accomplishments and struggle for new personal purposes are another characteristic of this period of life cycle.

Jung (Jung,1993) was the first that theoretically support the idea of a change in the middle age.7 Jung believed that middle age individuation and differentiation happens and non-dominant aspects of personality have pressed for consideration and revealing. Individuals in mid-life also have to adjust between femininity/masculinity and introversion/ extroversion.

Levinson (Levinson,1987) elevated the most controversial issues about midlife. He believes that 80 percent of people experience midlife crisis. He also believes that individuals in this stage start to evaluate their life. He applied the concept of the life cycle to describe the stage of life and the life structure for describing the pattern or design of life that person apply at particular time. The life structure is responding the question that how is my present life? Which is an important part of my life now? Is there something missing in my life that I want to fill it? The life cycle includes relationships, marriage/family and jobs.

Levinson believes that any transfer happens in five stages: stability, increased discomfort, crisis, re-orientation and restability. Midlife crisis happens when a person need booth to change and stability. Levinson (Levinson,1987) recognizes midlife crisis as a normative phenomenon and believes that it occurs in numerous individuals lives.

Neugarten (Roberts and Newton, 1987) as opposed to Levinson, proposed the idea of the social clock (social timing theory) to help to clarify adult development (Perun & Bielby, 1979). According to Neugarten the adult's feeling of time and timing is different from the past. While adult life has been considered since birth, remain of the life is significant for person at this point. Middle age individuals understands the future as more personal growth and start to thinking about the end of life and the feeling of imminent end associated with an

increase in social choice (Carstensen &Turk-Charles,1994).This consciousness the life cycle, influences in choosing objectives and priorities. Adults, associate their progress by social timing of important events and transitions. They compare their selves with adult peers on how they overcome the mid-life career and family challenges. So, the two significant developmental areas in midlife are job and family. Majority of adults are attempting to adjust between this two.

Erikson (Erikson, 1980) assumed challenge of "generation verse stagnation "for middle age. He expressed that during this stage individuals are more mature and have the skills and resources to transfer to others. He knows generatively as activity that comes from concerns about the next generation. Through concern to the next generation, an adult not only help others to develop society but convey worries beyond his/her life and time.

Vaillant has focused on develop Erikson's developmental stages of adults. He has confirmed Erikson stages of adult development and added two stages; Job consolidation against self-attraction and retain the methods against being inflexible. He knew Developmental Tasks of adulthood incorporate the following: identity development (separation from parents), developing intimacy, job consolidation, generatively (give advice to the new generation), and retention means (transmit traditions to the next generation) and achieve integration (restoration of peace and the unity) (Louw, 1978). from his long-term study Vailliant concluded that some men at midlife divorce, change jobs or become depressed.(Eysenk,2000) Thus, according to Valliant, generativity, maintaining meaning and achieving integration can be considered as assignments of middle age development.

Havighurst3 (Studinger and Bluck, 2003) believed that middle age is a period when person endeavour to succeed in various developmental assignments. The assignments incorporate social and civic responsibility, having job, providing standard financial status,

helping young people to take responsibility, attention to leisure activities, having a relationship with life partner as a person, adjustment with physical changes of middle-age and adapt to elderly parents.

Havighurst's theory contains a biopsychosocial perspective to adulthood development. An investigation of the validity of Havighurst's theory demonstrated that threes significant task of midlife are: spouse relationship, contribute to improve responsibility and prosperity in adolescents and to establish and consolidate economically standard living. In addition to tasks such as: harmony with older parents, acknowledgment of physiological changes, develop and improve adult's leisure activities and accomplish to civic and social responsibility ranked next in importance in middle-aged Developmental Tasks (Merriam &Mullins,1981).

SAVOURING

Savouring is the use of thoughts and actions to increase the intensity, duration, and appreciation of positive experiences and emotions. Positive psychology used the idea of savouring as an approach to amplify the potential advantages that positive encounters and feelings can have on peoples ' lives. The inverse of Savouring is known as dampening. Dampening is a strategy for managing positive effect by endeavouring to feel more regrettable, or down-control positive feelings.

The concept of savouring is given by Fred Bryant, a social psychologist at Loyola University Chicago(Kennelly, 2012). He presented the concept of savouring as being mindfully engaged and conscious during positive events by being engaged one can amplify their happy for short term and long term. Savouring is not simply the experience of positive feelings but the thoughtful effort to make positive experience last.

In the realm of positive psychology savouring is described by the model created by Fred Bryant and Joseph Veroff (2007) that defines savouring as "noticing and appreciating the positive aspects of life – the positive counterpart to coping. Savouring is more than pleasure – it also involves mindfulness and "conscious attention to the experience of pleasure"

The basic assumption of savouring is that "people have capacities to attend to, appreciate and enhance the positive experiences in their lives" (Bryant & verhoff, *2007, p.2).*

Bryant and verhoff described three preconditions that must be met for savouring to occur.

- First, there must be a sense of familiarity of what is happening in the moment – here and now. That is focused attention and it is easier to think in terms of a specific object of activity, yet it additionally applies to internal idea and feeling. Whatever the focus, it needs to fully absorb person's attention in order to savouring to occur.
- Secondly, to experience savouring social and self-esteem needs must be set aside. Bryant and verhoff believes that people may have intentionally set aside time for relaxation and disengagement from the endless stream of thoughts, worries and concerns that dominate our everyday consciousness. Savouring requires an attentive, but a quite relaxed state of mind.
- Thirdly, savouring requires a mindful focus on the pleasurable features of present experiences- fully appreciating one specific thing and all it brings to the table, as opposed to considering several things at once that may redirect consideration far from the present minute and what is in the front of us. This feature of savouring is somewhat related to the "total absorption" that characterizes the flow experience. However flow gets disturbed by too much self- awareness. Savouring is a more self-aware activity, in which thinking still happens, yet focused on enhancing the experience.

Bryant and verhoff believed that attending to, thinking about and identifying the emotions associated with savouring can heighten its positive effects. Concentrating on the particulars and subtleties of savouring emotions we may turn out to be increasingly mindful of the rich complexities of our feelings and sort of savouring encounters that can create them.

Savouring is a relatively simple and straightforward way to enhance our positive experiences. With the practice over time, one might also find that savouring becomes a more general mind-set applied to more and more aspect of life. And that it may begin to occur spontaneously when we encounter moments worth appreciating.

Savouring is a generally basic and direct approach to improve our positive encounters. With the repetition after some time, one may likewise find that savouring turns into a general outlook mentality connected to increasingly more part of life. Furthermore, that it might start to happen unexpectedly when we experience moments worth appreciating 9Bryant & verhoff, 2007).

FORMS OF SAVOURING

- Behavioural Display is the first approach to persisting and increasing positive emotional experiences by communicating positive feelings with non-verbal practices. Studies have demonstrated that. Studies have shown that the facial expression of emotion may play a causal role in the subjective understanding of emotions (see e.g., Adelmann & Zajonc, 1989; Finzi & Wasserman, 2006; McIntosh, 1996; Strack, Martin, & Stepper, 1988).
- Be Present it is the second strategy which involves purposely guiding attention to the present positive experience. Both correlational and experimental studies have shown that this strategy is linked with the increased intensity and frequency of positive emotions.

- Capitalizing is the third strategy implies communicating and celebrating positive events with others (Langston, 1994). Capitalizing is associated with increased daily positive affect, as well as the impact of the positive event itself (Gable,Reis, Impett, & Asher, 2004; Langston, 1994) and improved immune response (Labott, Ahleman, Wolever, & Martin, 1990).
- Positive Mental Time Travel (Positive MTT) is the final strategy in which person engages in reminiscing or anticipating positive events – two abilities that are very closely related (see e.g., Suddendorf & Corballis, 2007). Cross-sectional and experimental studies have shown that positive MTT predicts happiness (Bryant,Smart, & King, 2005; Havighurst & Glasser, 1972; Lyubomirsky, Sousa, & Dickerhoof, 2006; MacLeod & Conway, 2005; Quoidbach, Wood, & Hansenne, 2009).

ADULT ATTACHMENT

Attachment is a deep and enduring emotional bond that connects one person to another across time and space (Ainsworth, 1973; Bowlby, 1969).

Attachment is defined as an enduring psychological connection with a meaningful person that causes pleasure while interacting and mollify in times of stress. The quality of attachment has a critical effect on development, and has been connected to various aspects of positive functioning, such as psychological well-being (Bowlby, 2008).

Attachment theory was initially studied in the 1960s and 1970s primarily in the context of children and parents, was stretched to adult relationships in the late 1980s.In psychology, the theory of attachment can be utilized for adult relationships including friendships, emotional affairs, adult romantic or platonic relationships and in some cases relationships with inanimate objects "transitional objects" (Hooley & Murphy, 2012).

ADULT ATTACHMENT STYLES

Attachment research has conceptualised distinct types of attachment orientation in adults (e.g., secure, preoccupied, dismissing, fearful (Bartholomew K, Horowitz ,1991), a number of authors have argued that adult attachment should be measured dimensionally rather than typologically because it is "a variable on which people vary in degree rather than in kind" (Fraley & Waller, 1998) (p108). Contemporary models of adult attachment, therefore, conceptualise individual differences as variations along two orthogonal dimensions; that is, attachment anxiety and attachment avoidance (Brennan, Clark & Shaver, 1998) . In this two-dimensional space, individuals displaying an adaptive, or "secure" attachment style, reflect those who demonstrate low levels of both attachment anxiety and attachment avoidance (Shaver & Mikulincer, 2002).

Two broad dimensions underlie adult romantic attachment orientations.

Attachment anxiety refers to negative models of the self and reflects the degree to which an individual attempts to limit distance from others due to fear of rejection or worries regarding the availability and responsiveness of others. The hyper-activating strategies associated with anxious attachment are characterized by energetic attempts to evoke support from others through the use of coercive, clinging and controlling practices. (Shaver & Mikulincer, 2002).

Attachment avoidance refers to negative models of others and mirrors the degree to which an individual abstains being reliant on others and views others as untrustworthy (Brennan, Clark & Shaver, 1998). The deactivating approaches associated with an avoidant attachment are characterised by the suppression of thoughts and memories that evoke feelings of vulnerability and distress, social withdrawal, interpersonal hostility, and a craving to maintain autonomy (Mikulincer &Florian, 1998 ; Mikulincer, Shaver & Pereg , 2003 ; Fraley , Davis,

Shaver , 1998). Thus, attachment anxiety and avoidance are believed to be differentially associated with maladaptive approaches of emotion regulation.

OTHER ATTACHMENT STYLES

There are four types of adult attachment styles: Secure, Anxious-preoccupied, Dismissive-avoidant, and Fearful-avoidant.

Secure

The secure attachment style includes Positive view of self and positive view of others. This style of attachment is usually results from a past filled with warm and responsive communications with their attachments. People with this type of attachment style regularly report greater satisfaction and adjustment in their relationships than people with other attachment styles. (Buren &Cooley, 2002).Secure attachment and adaptive functioning are promoted by a caregiver who is emotionally present and appropriately responsive to his or her child's attachment behaviour, as well as efficient of regulating both his or her positive and negative emotions (Sable & Pat, 2008).

Insecure Anxious-preoccupied

This kind of attachment includes negative view of self and positive view of others individuals with this style of attachment seek high levels of intimacy, endorsement, and responsiveness from their attachment figure. They sometimes value intimacy to such a degree that they become excessively dependent on the attachment figure. Contrasted with securely attached people, people who are anxious or preoccupied with attachment tend to have less positive perspective about themselves. They may feel a feeling of tension that possibly subsides when in contact with the attachment figure. They frequently question their value as an individual and blame themselves for the attachment figure's lack of responsiveness. People who are

anxious or preoccupied with attachment may display high levels of emotional expressiveness, emotional dysregulation, worry, and impulsiveness in their relationships independence (Buren &Cooley, 2002).

Dismissive-avoidant

People with this attachment style have positive view of self and negative view of others. People with this attachment style wish a high level of independence. The desire for independence often show up as an effort to avoid attachment altogether. They view themselves as self-sufficient and resistant to feelings associated with being closely attached to others. They often deny needing close relationships. Some may even view close relationships as relatively insignificant. People with a dismissive-avoidant attachment style tend to suppress and hide their emotions, and they tend to deal with rejection by separating themselves from the sources of rejection (e.g. their attachments or relationships) (Buren &Cooley, 2002).

Fearful-avoidant

People with this style of attachment have unstable fluctuating/confused view of self and view of others People with losses or other trauma, such as sexual abuse in childhood and adolescence may often develop this type of attachment .They likely to feel uncomfortable with emotional intimacy, and the mixed sentiments are combined with sometimes unconscious, negative perspective about themselves and their attachments. They generally view themselves as undeserving of responsiveness from their attachments, and they don't trust the intentions of their attachments. (Buren &Cooley, 2002).

MODELS OF ATTACHMENT

A MODEL OF ADULT ATTACHMENT

Bowlby (Bowlby , 1969) refers to these cognitive schemas as internal working models, which are grounded on expectations and beliefs about the availability, dependability and supportiveness of attachment figures (i.e., models of others) and whether one self is deserving of attention, care and support (i.e., models of self). These internal working models function as a template for the development of later interpersonal relationships and are thought to influence the way in which an individual experiences, processes and expresses emotions in all domains of life (Bretherton & Munholland, 1999).

The models conceptualized by Bowlby known as the model of the self and the model of the other can be combined to explain prototypic forms of adult attachment (Bartholomew, 1990). If a person's abstract image of the self is dichotomized as positive or negative (the self as worthy of love and support or not) and if the person's abstracted image of the other is also dichotomized as positive or negative (other people are viewed as trustworthy and available vs. unreliable and rejecting), then four combinations can be conceptualized.

Model of Self

Model of Other	**+**	**–**
+	***Secure*** - is trusting of others - feels worthy of other's attention	***Preoccupied*** - is emotionally dependent on others - has low self-esteem
–	***Dismissing*** - has low trust of others - is compulsively self-reliant	***Fearful*** - has low trust of others - is fearful of intimacy - demonstrates approach-avoidance behavior

Figure 1 demonstrates the four attachment patterns that are originated from a combination of the two dimensions. Each cell represents a theoretical ideal or prototype (Cantor, Smith, French, & Mezzich, 1980; Horowitz, Wright, Lowenstein, & Parad, 1981; Rosch, 1978), that different individuals might approximate to different degrees.

Cell I indicates a sense of worthiness (lovability) in addition to a desire that other individuals are generally accepting and responsive. Because this cell corresponds conceptually to categories that investigators call securely attached (e.g., Hazan & Shaver, 1987; Main et al., 1985), it is labelled as secure.

Cell II indicates a sense of unworthiness (unlovability) combined with a positive assessment of others. This combination of characteristics would lead the person to strive for self-acceptance by gaining the acceptance of esteemed others. This pattern resembles conceptually to Hazan and Shaver's ambivalent group (Hazan & Shaver, 1987) and to Mains enmeshed or preoccupied with attachment pattern (Main et al., 1985) and is referred to as preoccupied.

Cell III indicates a sense of unworthiness (unlovability) combined with an expectation that others will be negatively disposed (untrustworthy and rejecting). By evading close involvement with others, this style enables people to protect themselves against expected rejection by others. Although not clearly discussed in previous work in adult attachment, this style may relate to some extend to the avoidant style described by Hazan and Shaver (1987). Therefore it is labelled as fearful- avoidant.

At last, Cell IV indicates a sense of love-worthiness combined with a negative disposition toward other individuals. Such individuals secure themselves against disappointment by

evading close relationships and maintaining a sense of independence and invulnerability. This style relates conceptually to the detached or dismissing of attachment attitude explained by Main et al. (1985), therefore it is named as dismissive- avoidant**.**

The dimensions in Figure 1 can also be conceptualized in can terms of dependency on the horizontal axis and the avoidance of intimacy on the vertical axis (see labels in parentheses). Dependency can differ from low (a positive self-regard is established internally and does not require external approval) to high (positive self-regard can only be maintained by others' on-going acceptance).

Avoidance of intimacy reflects the degree to which individuals avoid close contact with others as a because of their expectations of aversive outcomes. The dismissing and fearful styles are similar in that both reflect the avoidance of intimacy; they vary, however, in the person's need for others' acceptance to maintain a positive self-regard. Correspondently, the preoccupied and fearful groups are similar in that both exhibit strong dependency on others to maintain a positive self-regard, but they differ in their willingness to become engaged in close relationships. Whereas the preoccupied cell implies a reaching out to others in an attempt to fulfil dependency needs, the fearful cell suggests an avoidance of closeness to limit eventual disappointment. Therefore, cells in adjoining quadrants of Figure 1 are more similar conceptually than those in opposite quadrants.

THREE-CATEGORY MODEL OF ADULT ATTACHMENT

Hazan and Shaver (1987) proposed a three-category model of adult attachment by applying Ainsworth's three–part model of infant attachment to describe romantic relationships in adulthood. They demonstrated that secure, anxious-ambivalent, and avoidant styles of attachment were each present in adults who varied in their histories of attachment and their cognitive, internal working models. Securely attached adults were found to

recognise love positively but realistically and to view themselves as easy to get to know and like. Individuals with an avoidant style of attachment were found to fear interpersonal closeness. People with an anxious-ambivalent type of attachment were more likely to explain love with concepts of jealousy and obsessiveness and often felt less confident and misunderstood in interpersonal relationships.

FOUR-CATEGORY MODEL OF ATTACHMENT

Bartholomew and Horowitz (1991) supplanted the three category model with a four-category model of attachment. In their approach of adult attachment, the perspective on self as positive or negative was overlapped with the perspective of other people as positive or negative. This created four subtypes of attachment and the avoidant classification of attachment was subdivided into two types. In the four-category model, there are preoccupied, secure, fearful and dismissive types of attachment. Individuals with secured attachment style view themselves favourably and trust that other people will be receptive to them. For individuals with fearful type, both perspective of self and others are negative, in this type of attachment style the person doesn't feel loveable and believes others will be rejecting and untrustworthy. For the preoccupied type (the anxious-ambivalent category in Hazan and Shaver's scheme) the person holds a positive perspective on others however a negative self-perspective and thus may be more "preoccupied" with relationships, i.e., frequently obtaining a sense of self by being valued by other people. And for dismissive type, the person has a positive perspective of the self but a negative perspective of others and in this manner may not look for or value relationships.

RELATIONSHIP SATISFACTION

Relationship satisfaction, in general, refers to feelings, thoughts, or behaviours within a relationship associated with sexual attitudes, professed feelings of love, commitment, self-disclosure, and relationship investment (Hendrick, 1988) . Relationship satisfaction is the best predictor of stability in the relationship (Horn et al., 1997). Many psychologists have defined relationship satisfaction, Locke & Wallace, 1959 defined it as ‘‘adjustment’’, Honeycutt (1986) defined it as “functioning” and “well-being” (Acitelli, 1992) and Rusbult et al., (1998, p.359) described relationship satisfaction as the “positive versus negative affect experienced in a relationship and is influenced by the extent to which a partner fulfils the individual’s most important needs” and it produces wellbeing (Baumeister & Leary, 1995).

Satisfaction in close relationships is subjective attitude (satisfaction) and affective experience (happiness) in the assessment of one’s relationship. Relationship satisfaction is the most explored perspective in the investigation of couple relationships. Very broadly, it refers to a person’s overall evaluation of his or her relationship. This may involve, for example, the degree to which one’s needs and desires for love, support, and security or one’s expectations are met. Several studies have demonstrated that quality of romantic relationships is a significant source of happiness (Argyle, 2001; Diener, Gohm, Suh, & Oishi, 2000; Khaleque & Rohner, 2004). More specifically, studies suggested that satisfaction with romantic relationships is associated with subjective well-being(Myers, 2003) and that quality of a relationship and satisfaction with that relationship are related to happiness across the life span (Dush & Amato, 2005; Myers, 2003; Reis, Collins, & Berscheid, 2000).

FACTORS ASSOCAITED WITH RELATIONSHIP SATISFACTION

- One’s commitment to the relationship.
- Ability to resolve the conflicts.
- Positivity in the relationship.
- The criteria of satisfaction can also be met when an individual's ideal state of relationships are in accordance to his/her actual experiences. This expectation for an ideal state of relationship may be formed on the basis of the past experiences and by observing the relationships of others (Guerrero, Anderson, & Afifi, 2011).
- Viewing the partner positively, according to Murray et al., (1996), possibly can be accounted as a vital feature for gratifying close relationships.

REVIEW OF LITERATURE

The review of related studies is an important aspect of any research study. In this heading literature from various sources is extensively reviewed in the light of the present investigation. In this chapter, various studies directly or indirectly related to the objectives of the present study are analysed under the following main headings.

- Studies on Midlife crisis.
- Studies on adult attachment style.
- Studies on savouring.
- Studies on relationship satisfaction.

STUDIES ON MIDLIFE CRISIS

- **Wethington (2000)** concluded that most Americans (over ninety percent) could provide a definition of the midlife crisis, and these definitions generally harmonize with the definitions used in psychological and psychoanalytic theories of the midlife crisis. Twenty-six percent of Americans stated that they had a midlife crisis. Qualitative analyses demonstrated that Americans use a much wider definition of what constitutes a midlife crisis than that used by researchers. In spite of the identification of this term with male personality development, women were as likely as men to report having had a midlife crisis. Furthermore, crises happening well before age 40 and well after age 50 were as often as possible nominated as midlife crises. Most participants did not ascribe their self-reported midlife crises to aging, but rather to major life events that posed a severe threat and challenge during a very broadly-defined period of “midlife.”

- **Shek (1996)** collected the sample of Married adults (N = 1,501) between the ages of 30 and 60 years who responded to the 15-item Chinese Midlife Crisis Scale. An examination of the levels of concerns in six midlife age groups demonstrated that although few respondents were disappointed with their work and personal achievement, a majority did not indicate dissatisfaction at the crisis level; thus the findings did not lend strong support to the existence of a normative midlife crisis. The discoveries also revealed that in spite of the fact midlife crisis levels were different in the various age groups; there was no clear rise or peak in concerns in any particular age group. Further analyses based on different dimensions of midlife crisis demonstrated that women displayed higher levels of overall midlife concerns and concerns and issues of aging than men did.

- **Hermans and Oles (1999)** conducted a study to explore the specific affective organization of personal meanings in midlife crisis in men. The intensity of midlife crisis was investigated with the help of a Midlife Crisis Scale in a sample of 104 men in Poland. Three groups, one high in midlife crisis (N = 27), one medium (N = 37), and one low in midlife crisis (N = 40) were compared. It was discovered that the individual with high crisis group had a lower level of affect referring to self-enhancement, a lower level of positive affect, and a higher level of negative affect than both other groups. Furthermore, time perspective played a differential role in the organization of the self: in an intragroup comparison of the most influential personal meanings, the high crisis group demonstrated a higher level of negative affect than positive affect for personal meanings indicating to the future, but not for personal meanings referring to the past and the present.

- **Wong, Awang and Jani (2012)** conducted a study to explore attitudes toward midlife crises, experience with midlife crises, help-seeking, and needs among multi-ethnic Malaysian women. They collected a sample of 14 focus group discussions with 89 Malaysian women of different ages and socioeconomic backgrounds. Researchers found that Women expressed concern over physical aging and weakening in their physical functional health. Having a midlife crisis was frequently reported. Issues that were often reported to trigger a midlife crisis, such as empty nest syndrome, reproductive function, impact of aging on sexual and, extended parenthood, and caring for aging or ill parents, were noted by the study .

- **Oles (1999)** conducted the study in Poland, using a sample of 144 men (aged 35–45 years). Measures tools in this study were the Midlife Crisis Questionnaire, the Time Orientation Scale, the Adjective Check List, the modified version of the Ways of Coping Checklist, and the Value Crisis Questionnaire. The researcher concluded that the midlife crisis consists of three relatively independent dimensions, extracted by factor analysis, namely, (i) intensity of symptoms focused on changes in the self-concept, (ii) psychological maturity, and (iii) acceptance of time passing and death. Necessary and sufficient conditions of the crisis appeared to be (1) value crisis, understood as difficulties in hierarchization, integration, and realization of values, (2) emotion-focused coping versus problem-focused coping, (3) past versus future time orientation and lack of goals for the future, (4) sense of time pressure, (5) some conscientiousness, introversion, and openness to experience.

STUDIES ON ADULT ATTACHMENT

- **Christensen (2017)** conducted a study on "attachment, forgiveness, and generativity in midlife" in which he concluded that there was a medium positive relationship between forgiveness and secure attachment, between generativity and secure attachment, and between forgiveness and generativity. By using multiple regressions it was found that each of the independent variables (anxious attachment, avoidant attachment, and generativity) was significant predictors of forgiveness with anxious attachment being the strongest predictor of forgiveness.

- **Stevenson, Emerson and Millings (2017)** concluded that there is significant negative correlations between adult attachment insecurity, on both dimension (anxiety or avoidance) and total mindfulness score and all five sub-dimensions of mindfulness (act with awareness, observe, describe, non-judging, and non-reacting), also exception of a non-significant positive correlation between attachment anxiety and observe was found . The overall mean effect sizes were moderate (anxiety, r+ = .34; avoidance, r+ = −.28), with both attachment dimensions associated with lower levels of total mindfulness.

- **Marshall, Bejanyan, and Ferenczi (2013)** conducted a study to to examine the associations of attachment anxiety and avoidance with personal growth following relationship dissolution, and to test breakup distress, rumination, and tendency to rebound with new partners as mediators of these associations. Study 1 (N=411) and

Study 2 (N=465) measured attachment style, breakup distress, and personal growth; Study 2 moreover measured ruminative reflection, brooding, and proclivity to rebound with new partners. The study revealed that in both studies, anxiety was indirectly associated with greater personal growth through heightened breakup distress, whereas avoidance was indirectly associated with lower personal growth through inhibited breakup distress. Study 2 further revealed the positive association of breakup distress with personal growth was accounted for by enhanced reflection and brooding, and that anxious individuals' greater personal growth was also explained by their proclivity to rebound. These findings suggest that anxious individuals' hyper activated breakup distress may act as a means for personal growth by promoting the cognitive processing of breakup-related thoughts and emotions, whereas avoidant individuals' deactivated distress may inhibit personal growth by suppressing this cognitive work.

- **Hatch (2008)** conducted a study to examine several mediating mechanisms that may explain the relationship between adult attachment dimensions and marital satisfaction. In which it was concluded that the attachment dimension of avoidance for husbands and wives was Consistently linked with each couple member's respective marital satisfaction and was never directly linked with either husbands' or wives' marital satisfaction.

STUDIES ON ADULT ATTACHMENT AND SAVOURING

- **Gentzler and Palmer (2017)** conducted a study to examine how attachment relates to self-reported savouring and to an experimentally-induced behavioural savouring task where participants were randomly assigned to reflect on a positive event (or complete a control task). In this study they concluded that Avoidance was associated to lower trait savouring, and the effects of attachment on experimentally-induced savouring varied by the type of event participants savoured. Avoidance was related to poorer affective outcomes after savouring interpersonal events but was not linked to affective outcomes for non-interpersonal events. Anxiety was associated with better outcomes after savouring non-interpersonal events but was not linked to savouring interpersonal events. Overall, effects suggest that more insecurely attached adults may not savour as often, and may have difficulty savouring interpersonal events but not non-interpersonal events.

STUDIES ON ADULT ATTACHMENT AND MIDLIFE

- **Chopik, Edelstein and Grimm (2017)** conducted a study in which they concluded that attachment Anxiety declined on average with age, particularly during middle age and older adulthood. Attachment avoidance decreased in a linear fashion across the lifespan. Being in a relationship predicted lower levels anxiety and avoidance across adulthood. Men were higher in attachment avoidance at each point in the lifespan.

- **Chopik, Edelstein and Fraley (2013)** conducted a study in which they revealed that attachment anxiety was found highest among younger adults and lowest among middle-aged and older adults. Attachment avoidance displayed less dramatic age differences overall but was highest among middle-aged adults and lowest among younger and older adults. In addition, partnered individuals reported lower levels of attachment anxiety and avoidance compared to single individuals, particularly in younger and older adulthood. Women also reported slightly higher anxiety and avoidance compared to men, especially in young adulthood.

- **Hollist and Miller (2005)** concluded that Results indicated that insecure attachment styles were associated with marital quality, whereas secure attachment was not. These results suggest that EFT therapists can help midlife couples in distressed relationships move from insecure to secure attachment styles.

STUDIES ON SAVOURING

- **Singh and Tripathi (2018)** concluded revealed that there is a significant relationship of couples' satisfaction and subjective wellbeing with savouring. By using multiple regressions it was discovered that anticipation emerged as a significant predictor of relationship satisfaction and savouring the moment emerged as a significant predictor of subjective wellbeing in couples. In males, the moment emerged as a significant predictor of subjective wellbeing and reminiscence emerged as a significant predictor of relationship satisfaction. On the other hand, in females, savouring the moment emerged as a significant predictor of subjective wellbeing and anticipation emerged as a significant predictor of relationship satisfaction.

- **Smith and Hanni (2017)** carried out a study on "Effects of a Savouring Intervention on Resilience and Well-Being of Older Adults" in which they concluded that participants who finished the savouring intervention with high fidelity also stated improvements in resilience, depressive symptoms, and happiness over time. The findings suggest of this study that the savouring intervention has the potential to enhance older adults' resilience and psychological well-being.

- **Smith (2016)** conducted a study on "focus on the positive: enhancing resilience by positive experiences "in which he concluded that members who completed the intervention for six or seven days reported higher resilience, less stress, and lower depression compared to people who completed the intervention for fewer days. Older adults who reported an increase in their ability to savor positive experiences after the intervention reported higher levels of resilience, happiness, and satisfaction with life, as well as lower levels of stress and depression.

- **Wilson (2016)** conducted a study on "The Relationship between trait Emotional Intelligence, Resiliency, and Mental Health in Older Adults: The Mediating Role of Savouring" in which he concluded that, savouring mediated the relationship between resiliency and mental health, but did not mediate the relationship between emotional intelligence and mental health when the two models were combined.

- **Jose, Lim and Bryant (2012)** conducted a study titled "does savouring increase happiness? A daily diary study" in which they concluded that savouring is an important mechanism through which people derive happiness from positive events.

STUDIES ON SAVOURING AND ADULT ATTACHMENT

- **Goodal (2015)** concluded that Savouring of positive emotion was predicted by attachment avoidance but not anxiety. Dampening of positive emotion was predicted by avoidance and self-esteem and by the interaction of attachment anxiety with self-esteem.

STUDIES ON RELATIONSHIP SATISFACTION

- **Braun, Rohr, Wagner and Kunzmann (2018)** conducted a study in which it was concluded that perceived reciprocity may become less important to relationship satisfaction with age and that this association differs across various relationship categories (i.e., spousal, communal, and exchange relationships). perceived reciprocity was lower in older than middle-aged adults and declined over time, while relationship satisfaction did not differ between age groups and increased over time. The association between perceived reciprocity and relationship satisfaction was stronger in older than middle-aged adults in our cross-sectional analyses. By contrast, the longitudinal analyses that were based on only older adults were consistent with the prediction: the association between perceived reciprocity and relationship satisfaction decreased over time. Additionally, the association between perceived reciprocity and relationship satisfaction differed between relationship categories, being particularly strong in spousal relationships and less in communal and exchange relationships. In general, our results suggest that both, age and relationship category, need to be

considered when investigating perceived reciprocity and relationship satisfaction from an adult life-span perspective.

- **Rahmat and Sharma (2015)** conducted a study to explore relationship between love and relationship satisfaction of adolescents researchers concluded that a significant positive correlation exists between the types of love and relationship satisfaction. The t-test revealed that no gender differences were found in their types of love and in their relationship satisfaction.

- **Erol, and Orth (2014)** conducted a study to examined the effects of self-esteem development on the development of relationship satisfaction in 2 samples of couples. The studies revealed that First, development of relationship satisfaction could be modeled as a couple-level process. Second, initial level of self-esteem of each partner predicted the initial level of the partners' common relationship satisfaction, and change in self-esteem of each partner predicted change in the partners' common relationship satisfaction. Third, these effects did not differ by gender and held when controlling for participants' age, length of relationship, health, and employment status. Fourth, self-esteem similarity among partners did not influence the development of their relationship satisfaction. The findings suggest that the development of self-esteem in both partners of a couple contributes in a meaningful way to the development of the partners' common satisfaction with their relationship.

- **Anderson and Emmers-Sommer (2006)** carried out the study in which they revealed that Intimacy, trust, and communication satisfaction were found to be the strongest predictors of relationship satisfaction for individuals involved in online

romances. Additionally, perceptions of relationship variables differed depending on relationship length and time spent communicating.

STUDIES ON RELATIONSHIP SATISFACTION AND SAVOURING

- **Samios and Khatri (2019)** conducted a study to explore savouring as an interpersonal resource for couples who experienced a stressful life event. Researchers concluded that; 1)For couple members who reported a relatively low impact of event, their own savouring was positively predicted by their partner's impact of event; (2) For women, their own savouring the moment predicted their own and their partner's greater relationship satisfaction; (3) The relationship between one's own impact of event and relationship satisfaction was buffered by one's partner's savouring the moment; and (4) The relationship between one's own savouring and relationship satisfaction was mediated by one's own positive affect.

- **Lenger and Gordon (2019)** revealed that total savouring as well as each facet of savouring, namely, anticipation, present moment, and reminiscence, were positively related to relationship satisfaction. A subsequent simultaneous multiple regression analysis indicated that anticipation uniquely predicted relationship satisfaction, above and beyond reminiscence and present moment facets of savouring. Overall, it appears that attending to and enjoying positive events is associated with a happier relationship. Furthermore, these data suggest that anticipation may be a component of savouring that is particularly relevant to relationship satisfaction.

- **Borelli, Rasmussen, Burkhart, and Sbarra (2015)** carried out the study in which they concluded that relational savouring yielded greater positive emotion among participants, particularly those with medium to high baseline relationship satisfaction. Further, emotional state mediated the link between relational savouring and post-stressor relationship satisfaction for participants with average or higher baseline satisfaction. Savouring relational memories resulted in short-term benefits among people in Long distance romantic relationship with average or higher satisfaction. The promise of relational savouring as a brief intervention is discussed as well as the implications of the results for couples in Long distance romantic relationships.

STUDIES ON RELATIONSHIP SATISFACTION AND ADULT ATTACHMENT

- **Vollmann, Sprang, and van den Brink (2019)** conducted a study investigated the mediating role of gratitude toward the partner in this association. Researchers revealed significant negative total and direct effects of both avoidance and anxiety on relationship satisfaction. The bootstrap analyses revealed a significant negative indirect effect of avoidance, but not anxiety, on relationship satisfaction via gratitude toward the partner. Specifically, higher levels of avoidant attachment were related to less gratitude toward the partner, which in turn was associated with lower relationship satisfaction.
- **Ayenew (2016)** conducted a study to examine individual differences in relationship satisfaction using attachment theory as a framework in which study confirmed that statistically significant correlation was found between/among most variables/constructs in the study. The standard regression revealed that both

attachment dimensions (attachment anxiety and attachment avoidance) predicted relationship satisfaction. Participants who scored lower on both attachment dimensions reported higher relationship satisfaction

- **Hammond and Fletcher (1991)** conducted a study in which they concluded that the cross-sectional correlations generally supported the validity of the attachment approach (e.g., partners who were less Avoidant, less Anxious/ambivalent, and more Secure reported higher levels of relationship satisfaction and wrote more positive relationship descriptions). However, the longitudinal results suggested that relationship satisfaction tends to influence the attachment styles rather than vice-versa.

METHODOLOGY

RATIONALE

Midlife brings many challenges which can contribute to the feeling of helplessness, loss of confidence and may require individual to make drastic adjustment in their current life.

In this context savouring may emerge as a variable which provides support and strength and eventually enhance positive emotion and experience in life.

Attachment is an important aspect and ability to connect with individuals around us. The feeling of attachment is dynamic in nature and therefore evolves through different phases of life. Adult attachment can also have its own set of challenges which may strain long term relationships of the individuals. in such scenario savouring is variable which is associated with self-esteem, happiness, subjective wellbeing and resilience can help people to reminisce the positive moment to overcome challenges.

Sudden change of habits, feeling the need for drastic changes in current situation may accompany relationship detachment, people often gets detached from their spouses and children or have expectations and unrealistic views of marriage and parenting and a lack of commitment to both often leading divorces or separations. In this context savouring can be used as a strategy to enhance relationship satisfaction as savouring not only promotes positive emotions in the present but also builds resources for coping- bonding us to moments in the past, present and future that give us an emotional uplift required for appreciating and improving relationships with family and friends.

In present scenario Indian economy is on developing stage. People are concerned about their own personal and professional growth and tendency to assess how well they done in their

past phases of life sometimes this assessing can bring dissatisfaction in their life bringing psychological and physiological dilemma in life

The research might be able to provide interventional role of savouring in midlife (crisis) and attachment issues in adulthood as indicated by previous research (Goodal,2015) the previous trends may be substantiated through the study indicating application to the Indian population.

Lack of literature in context of relationship between these three variables makes it more inquisitive to study variables together.

Aims

- To investigate the percentage of sample experiencing midlife crisis.
- To investigate the relationship between adult attachment and savouring.
- To investigate the relationship between midlife crisis and savouring.
- To investigate the relationship between adult attachment and midlife crisis.
- To investigate the relationship between relationship satisfaction and savouring.
- To investigate the relationship between relationship satisfaction and midlife crisis.
- To investigate the relationship between relationship satisfaction and adult attachment.
- To explore the contribution of savouring (predictor variable) in predicting the relationship between adult attachment, midlife and relationship satisfaction (criterion variables).

HYPOTHESES

- H1. There will be no significant relationship between savouring and adult attachment.
- H2 There will be no significant relationship between savouring and midlife crisis.
- H3 there will no significant relationship between savouring and relationship satisfaction.
- H4. Savouring will not have significant role in predicting adult attachment and midlife crisis and relationship satisfaction.
- H5. Savouring will not have mediational role between adult attachment and midlife crisis
- H6. Savouring will not have mediational role between adult attachment and relationship satisfaction.
- H7.Savouring will not have mediational role between adult, midlife crisis and relationship satisfaction.

SAMPLE

The following research proposal comprises of working individuals in middle age as subjects. Sample screening will take place and individuals with midlife crisis above the median will be selected as sample. Since the study consists of middle age people the sample will consists of 120 subjects falling on the age range of 45-65years as subjects. Subjects will be drawn from various workplaces within municipal limits of Jaipur city. The selection of workplace sectors is purposive in nature.

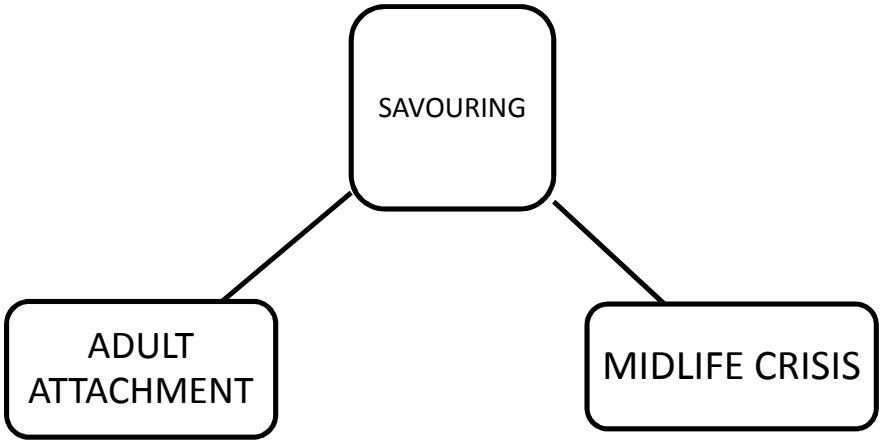
INCLUSION CRITERIA

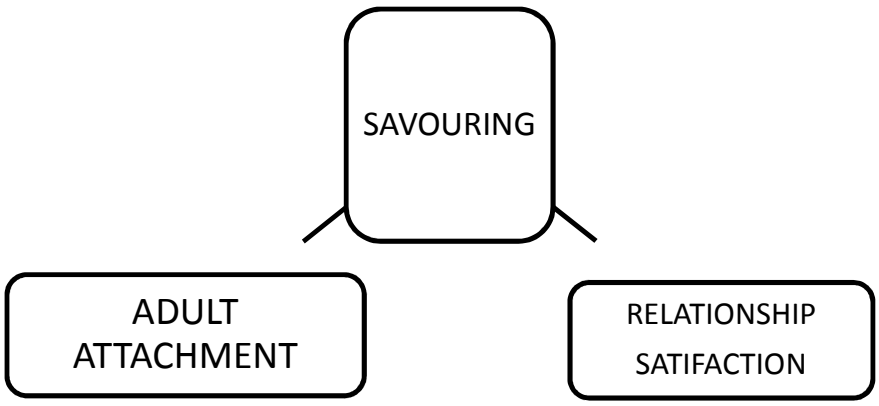
MINIMUM NUMBER OF SERVICE	15 years
AGE OF SAMPLE	45-65 years
MINIMUM NO OF CHILDREN IN FAMILY	2
LEVEL OF ORGANIZATION	Middle level
NO OF YEARS OF MARRIAGE	10 years
MINIMUM EDUCATION REQURIED	Graduation
FAMILY TYPE	Nuclear

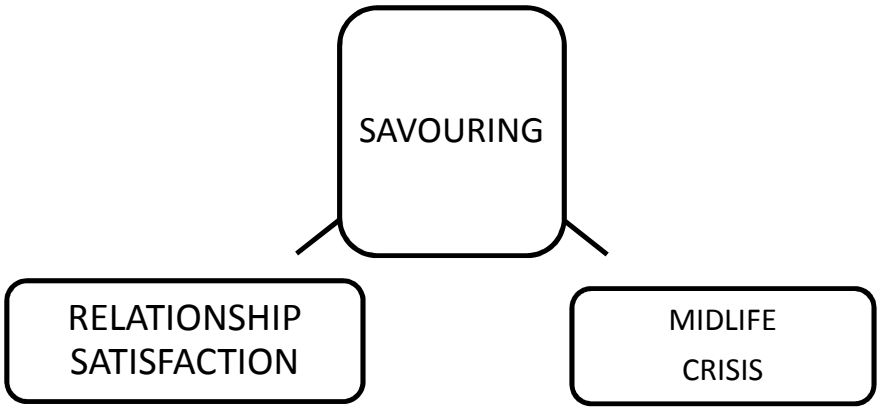
EXCLUSION CRITERIA

- Individuals who are divorced and are not remarried.
- Individuals with less than 15years of service.
- People who had break in no of years of service.

RESEARCH DESIGN







MEASURES

i) Savouring Belief Inventory (Bryant, 2003).

ii) Mid-Life Transition Questionnaire (Kulska, Labuz, Mrugalska & Oles, 2016)

iii) The Experiences In Close Relationships-Revised (ECR-R) Questionnaire (Fraley, Waller, & Brennan, 2000).

iv) Relationship assessment scale (Hendrick, 1988).

SAVOURING BELIEF INVENTORY (SBI)

Savouring belief inventory (Bryant, 2003). Savouring beliefs inventory (SBI) consist of 24 statements designed to assess individuals' perceptions of their ability to derive pleasure through anticipating upcoming positive events, savouring positive moments, and reminiscing about past positive experiences and total savouring belief score.

MID-LIFE TRANSITION QUESTIONNAIRE (MTQ)

Mid-life transition questionnaire (kulska, labuz, mrugalska, oles, 2016) consists of 36 items and covers three scales: a positive life balance, intensification of the crisis, and re-evaluation. There is one version for men and women. MTQ can be used in scientific research and individual diagnosis.

THE EXPERIENCES IN CLOSE RELATIONSHIPS-REVISED (ECR-R) QUESTIONNAIRE

the experiences in close relationships-revised (ECR-R) questionnaire (Fraley,Waller& Brennan,2000) is a 36-item measure of adult attachment style.The ECR-R measures individuals on two subscales of attachment: Avoidance and Anxiety. In general Avoidant individuals find discomfort with intimacy and seek independence, whereas anxious individuals tend to fear rejection and abandonment.

RELATIONSHIP ASSESSMENT SCALE

The Relationship Assessment Scale (Hendrick, 1988) is designed to assess to measure an individual's satisfaction with their relationship. The test consists of seven items, each rated on a five-point Likert scale. It is suitable for use with any individuals who are in an intimate relationship, such as married couples, cohabiting couples, engaged couples, or dating couples.

STATISTICAL ANALYSIS

The statistical analysis will be conducted by using SSPS available in the university.

1. Mean.
2. Standard Deviation.
3. Correlation.
4. Regression.
5. Mediation Analysis.
6. And any other statistical analysis that may be required.

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